



YOUR BENEFIT FOR LIFE

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1. Wellness Tips:

Do Yourself a Favor: Turn Off the TV

Do you find yourself watching and being consumed by all 3 hours of American Idol a week? Or love to sit back every Sunday and catch the Packers get another victory? Well hold up. A recent study indicates that for every hour of television you watch, your life expectancy is cut short 22 minutes. And that adds up fast. An average person watches up to 6 hours of TV per day — that's 5 years off their life expectancy. So get off the couch and get 30 minutes of exercise every day to battle those TV watching habits.

Top 3 CHEAP Superfoods

On a tight budget? Try these wallet friendly health heroes!

Mango — At about 50¢, mangoes give you 80% daily value of immune-boosting Vitamin C and 25% Vitamin A, all for about 110 calories. Cut it up and blend it with ice, yogurt, and a touch of honey for healthy and tasty smoothie.

Oatmeal — Simple rolled oats are chock full of essential minerals but the star is its fiber— the kind that sweeps out cholesterol and helps keep blood sugar from rising too quickly. Try using oats instead of breadcrumbs in your favorite meatloaf.

Whole Eggs — At 70 calories, and 20¢ each, eggs are packed with vitamins and protein to promote brain and eye health. Just stick to or less a week to keep your cholesterol in check. Try it poached or boiled instead of fried. And make a batch early in the week to have healthy snack ready to go.

2. Healthy Recipe: BBQ Pork Fajitas

Cozy up with this comforting dish, packed with lots of flavor, all ready to go in 20 minutes.

Ingredients:

- 1 tsp ground cumin
- 1/4 tsp pepper
- 1/4 tsp garlic powder
- 1 lb boneless pork loin chops, cut into bite size pieces
- 1/2 red bell pepper, cut into bite size pieces
- 1/2 green bell pepper, cut into bite size pieces
- 1 medium onion, sliced
- 1/3 cup BBQ Sauce
- 4 flour tortillas (or pita bread)



Directions:

In a resealable food-storage plastic bag, place cumin, garlic, and pepper. Seal bag; shake to blend. Add pork; seal bag and shake to coat.

Heat 10 inch non-stick skillet over medium-high heat. Add pork; cook and stir 2 minutes.

Add bell peppers and onion, cook 3 to 4 minutes, stirring frequently, until pork is no longer pink in center and vegetables are crisp-tender. Stir in BBQ sauce; cook and stir until hot. Serve pork mixture in tortillas. (Makes 4 servings)

Tip: Cut up vegetables the night before and store in Tupperware to make this an even quicker meal.

3. Wellness Coupon

Now that Fall is here and it's starting to get a little colder, getting a gym membership may be the best way to stay warm!



Snap Fitness is offering county employees **NO Enrollment Costs and the first month FREE!**

This coupon is part of the County's membership with FABOH.

Just head over to **Snap Fitness** at 976 E Johnson St and talk to Maranda Barth (fonddulac@snapfitness.com). Be sure to mention that you work for the county and are a FABOH member to receive the discount.

Stay Well!

